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Quality of life, anxiety and depression in moroccan patients after cardiac rehabilitation

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Introduction

Cardiac rehabilitation is the measures that allow a cardiac patient to recover functional, psychological and emotional capacity and improve the quality of life. The aim of study is to evaluate the benefit of cardiac rehabilitation on the quality of life and psychological state of Moroccan patients.

Materials and methods:

It’s a prospective study, including 130 patients admitted in cardiac rehabilitation unit, Cardiology centre, in our Hospital. All of them had a cardiac evaluation and a quality of life assessment by SF12 questionnaire and anxiety-depression evaluation by HAD test for anxiety and depressive disorders

Results:

The average age of patients was 56.27±8.1 years with male predominance (85%), they have more than three cardiovascular risk factors dominated by smoking and hypertension, they were an average BMI (26.58±7.4 kg/m2). Coronary artery disease is the most common pathology and ejection fraction is globally conserved (52.7 ± 12.1%) on echocardiography.

After 20 cardiac rehabilitation sessions, in addition to significant improvement in maximal work load (99.1±10.1 to 130.2 ± 14.1 watt) and VO2max (24.5±14.2 to 28.6± 18.2 ml / Kg / min), there was a significant improvement in quality of life (p = 0.0001) and anxiety and depression as assessed by the HAD test (p=0.0001).

Conclusion:

Cardiac rehabilitation is clearly benefit in improving physical and emotional quality of life of patients as illustrated by the results of SF12 test and improvement of anxiety and depression score of patients after their management in cardiac rehabilitation.